



Summer 2010

healthy horizons

a publication of the Greater Hazleton Health Alliance

In This Issue:

Bernardine Sisters, a Rich History in Our Community	2	How Bad is your Breakfast	7
Cardiac Nuclear Stress Testing Now Offered at HHWC	3	Emerging Health Professionals	8
Message from the CEO	3	Understanding the Roles of Physician Extenders	9
Carpal Tunnel Syndrome - Relieving the Pressure	4-5	Choose a Healthier Lifestyle	9
Joint Replacement Surgery	5	Setting the Standard in Patient Safety	10-11
Coronary Artery Disease: the Importance of a Healthy Heart	6	International Travel Health Services	11
All About Cholesterol	7	Life-saving Procedure Performed at HGH	12
		Infertility, It's Time to Break the Social Stigma	13
		Discussing Prostate Health	14
		A Local Man's Battle With Prostate Cancer	15
		Fun in the Sun	16
		Skin Cancer, Rising at an Alarming Rate	17
		Senior Choice, the Right Fit for You	18
		Back to School	19
		Welcome New Physician	19



Bernardine Sisters, a Rich History in Our Community

In September of 2008, a reflection garden was created at Hazleton General Hospital to honor the Bernardine Sisters of the Third Order of St. Francis for their 60 years of selfless and dedicated service to the Hazleton community.

For more than six decades, the sisters lived their mission of charity through healthcare—caring for the sick and elderly, providing education programs to the public, and empowering and extending education to women during a time when it was considered unconventional.

As a tribute to the sisters, the statue of St. Joseph was brought over from the St. Joseph Medical Center a few blocks away to serve as the focal point of the reflection garden. The garden is filled with rich history, beautiful flowers and greenery, quaint seating, and a charming walkway made of bricks donated by people from the community.

Join the Alliance family as we remember with gratitude the many charitable works of the Bernardine Franciscan sisters. Hazleton General Hospital continues to accept monetary donations to maintain the garden through the purchase of bricks for the memory walkway.

For more information or to donate a brick, call 570-501-4915.



CARDIAC



Nuclear Stress Testing Now Offered at HHWC

The Greater Hazleton Health Alliance continues to remain state-of-the-art in its testing technology, providing the community with high quality inpatient and outpatient services.

The Hazleton Health & Wellness Center has expanded its services to include cardiac nuclear stress tests on an outpatient basis, another convenient way for patients to receive quick, quality imaging services in a relaxing environment.

Digital Cardius X-ACT is a state-of-the-art, triple head, nuclear medicine camera designed specifically for cardiac testing. It provides physicians with faster, more accurate images and patients with quicker, more reliable results. The Cardius X-ACT allows patients to sit upright in a saddle-like seat with hands positioned much lower for optimal comfort.

Now patients can enjoy the convenience of completing all cardiac diagnostic and nuclear testing at the Hazleton Health & Wellness Center.

"Offering this cutting-edge imaging technology at the Hazleton Health & Wellness Center is a big step forward in outpatient health services," said Megan Scherer, Assistant Administrator of the Hazleton Health & Wellness Center. "Our highly-trained cardiac staff provides individualized care to each and every patient. Patients are comfortable and relaxed during testing and their physicians receive clear and precise imaging results."

For more information about cardiac nuclear stress testing, call 570-501-4624.



Message From Our CEO

Welcome to the summer issue of *Healthy Horizons*, a publication of the Greater Hazleton Health Alliance. This issue has a variety of helpful articles to guide you on your way to becoming an informed healthcare consumer: new technology, comprehensive cardiac care services, new trends in healthcare, and important back-to-school tips.

I am very proud of the tremendous strides we have made in our healthcare services, which enable us to provide our community with high quality and convenient services at both Hazleton General Hospital and the Hazleton Health & Wellness Center. Together, we are working to ensure healthier lives in the community by meeting and exceeding quality standards. We accomplish this through new and expanded services and preventive healthcare, such as free health fairs, screenings, community education programs, and other events.

We are especially proud to announce that Hazleton General Hospital is the recipient of the 2010 HealthGrades Patient Safety Excellence Award™ for the third year in a row, an incredible honor that recognizes our hospital for being within the top 5% of U.S. hospitals in patient safety. After all, your safety is our number one concern!

I thank you for supporting your local community hospital, and we look forward to serving any of your future healthcare needs.

Jim Edwards

Jim Edwards
President/CEO

Carpal Tunnel Syndrome -

Relieving the Pressure

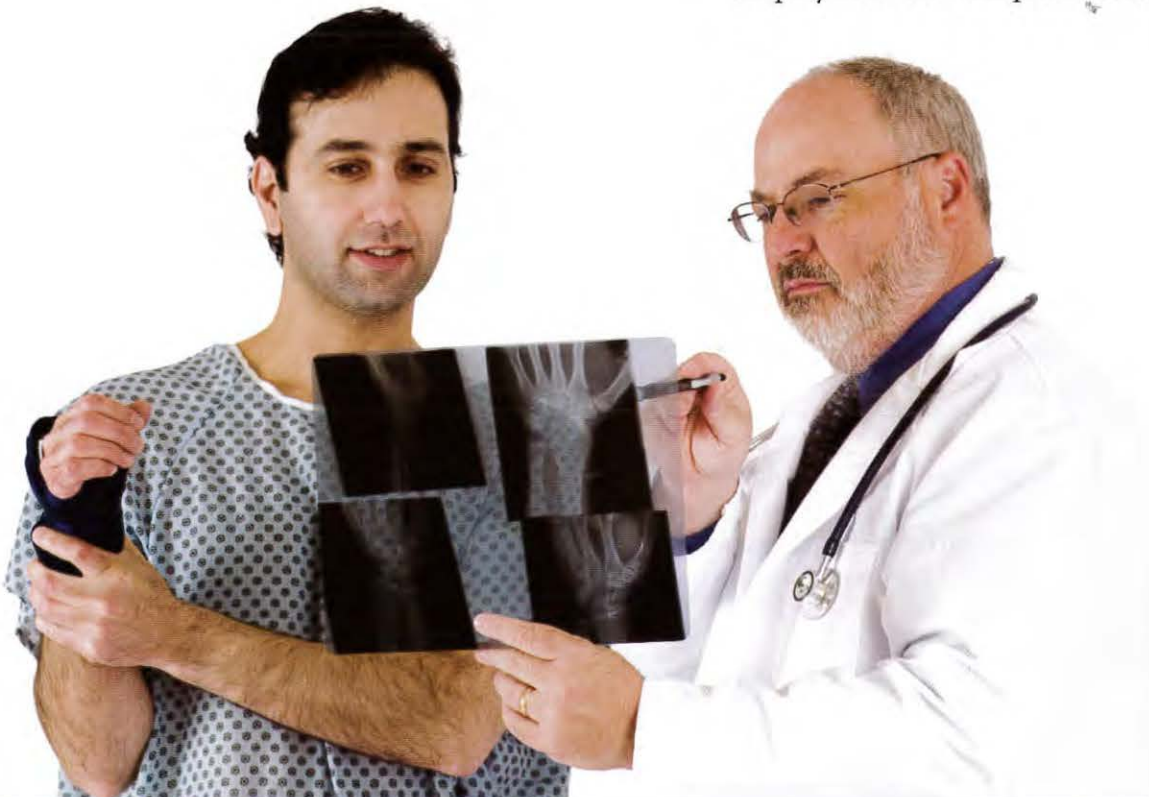
You hear about it a lot, but do you really know what it is? Carpal Tunnel Syndrome is a condition that results from increased pressure on the median nerve and its surrounding tendons. The median nerve controls the sensations from the palm side of the thumb to the fingers (excluding the little finger), as well as impulses to some small muscles in the hand that allow the fingers and thumb to move appropriately.

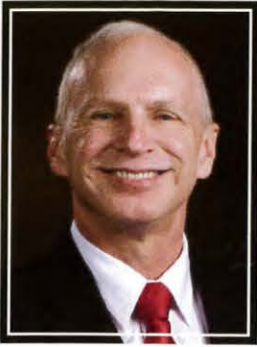
Sometimes irritated tendons cause thickening or swelling of the carpal tunnel. This causes the median nerve to be compressed, subsequently causing painful symptoms in the hand and/or wrist area that may radiate up the arm.

Your primary care provider or an orthopedic specialist can conduct a few different tests to determine if your pain and discomfort is because of Carpal Tunnel Syndrome, daily activities, or an underlying disorder that might mimic the symptoms of Carpal Tunnel Syndrome. Contributing factors to this condition include but are not limited to:

- › **Trauma to the wrist**
- › **Over-activity of the pituitary gland**
- › **Hypothyroidism**
- › **Rheumatoid arthritis**
- › **Mechanical problems in the wrist joint**
- › **Work stress**
- › **Repeated use of vibrating hand tools**
- › **Fluid retention during pregnancy or menopause**
- › **Development of a tumor or cyst in the canal**

There is no definitive clinical data to prove whether repetitive and forceful movements of the hand and wrist during work or leisure activities can cause Carpal Tunnel Syndrome; however, it's interesting that the condition most often affects people performing assembly line work, such as manufacturing, sewing, finishing, cleaning, and meat, poultry, or fish packing. It's a condition that hits close to home in the hardworking and diverse community of Hazleton where many people are employed at the local plants and factories.





Dr. Keith Girton of Alliance Orthopedics sees a lot of patients who suffer from Carpal Tunnel Syndrome and stresses the importance of addressing the symptoms early on in order to avoid permanent damage. Dr. Girton's advice: seek treatment at the onset of symptoms instead of allowing the condition to worsen. There are a variety of non-surgical treatments that your healthcare provider can try, including:

- › **Stretching and therapy, such as nerve gliding exercises**
- › **Wrist supports/braces**
- › **Massage**
- › **Anti-inflammatory medications and cortisone shots**
- › **Various modalities**

"If surgery is necessary, it is quick, ultimately painless, and very successful," says Dr. Girton.

Carpal Tunnel Syndrome can greatly impede a person's work performance and quality of life. You don't have to live with the pain!

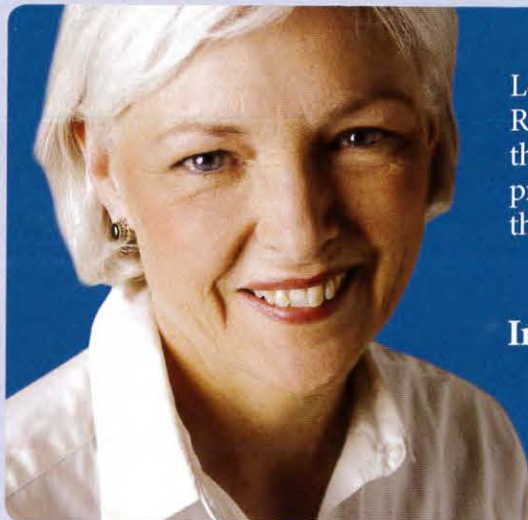
Call Alliance Orthopedics today for more information: 570-501-6870.

“ The Occupational Therapy staff went above and beyond to be sure my care and treatment was done in a professional manner. ”

- HHWC – OT Dept.

Joint Replacement at Hazleton General Hospital

Scheduled for or thinking about joint replacement surgery?



Learn about Hazleton General Hospital's Healthy Steps Joint Replacement Program—a comprehensive, quality program that guides you every step of the way... from pre-surgery preparation to surgery itself and from post-surgery through rehabilitation.

FREE Information Sessions **When:** 3rd Thursday of every month
Time: 6:00 p.m.
Where: Hazleton Health & Wellness Center

For more information, call 570-501-4447

Coronary Artery Disease:

the Importance of a Healthy Heart



Fact: 40%-50% of patients who suffer from coronary artery disease go on to experience a heart attack.

Approximately 12.8 million Americans suffer from coronary artery disease (CAD), a form of heart disease that claims the lives of more than half a million men and women each year. It causes unfortunate and untimely deaths and could be in the works for decades before a person is aware of its presence. It's time to give coronary artery disease the infamous one-two punch—education and awareness partnered with lifestyle changes could be the life-saving combination for you.

What is coronary artery disease?

“Coronary artery disease is the process whereby the coronary arteries become inflamed by various factors, including fat particles, smoking, genetic factors, and various diseases, such as obesity and diabetes. This inflammation can lead to a complex process in the walls of the artery that result in the growth of fatty material, which can either narrow the artery and reduce blood flow or suddenly rupture and cause a sudden obstruction of the coronary artery,” said

Thomas Ciotola, MD, of Cardiology Associates of Hazleton. This condition, known as atherosclerosis, can cause a number of medical problems due to unsuccessful blood flow to the heart, including chest pain, shortness of breath, heart attack, congestive heart failure, stroke, and more.

Who is at risk?

“While men are more prone to CAD than women, women are more likely to die from heart disease,” said Dr. Ciotola.

Coronary artery disease is a common and feared diagnosis in senior citizens who all too frequently fall victim. It's important for men and women to understand their risks and take appropriate measures to prevent this unfortunate diagnosis.

What treatments are available for coronary artery disease?

A variety of treatments have proven successful in preventing and/or controlling coronary artery disease:

- › Regular exercise
- › Weight control
- › Well-balanced and nutritious diet
- › Smoking cessation
- › Diabetes, blood pressure, and cholesterol management
- › Medications
- › Supplements
- › Angioplasty surgery
- › Bypass surgery

For more information about health and wellness, nutrition counseling, exercise programs, cardiac diagnostic testing, and cardiac rehabilitation, call the Hazleton Health & Wellness Center at 570-501-4624.

“ I feel that my husband is alive today because of the quick action in the emergency room. ” - ER

Q&A

All About Cholesterol



Myung Yoon, MD, a local cardiologist at the Greater Hazleton Health Alliance, is prepared to answer your questions about cholesterol.

Q: What is cholesterol?

A: Cholesterol is a soft waxy substance found in your bloodstream. Your body needs good cholesterol to help build and maintain cells; however, too much bad cholesterol can build up on your artery walls, increasing your risk of heart attack and stroke.

Q: What is the difference between good and bad cholesterol?

A: Low-density lipoprotein (LDL) cholesterol is known as “bad” cholesterol because it can build up on the walls of your arteries and form a thick, hard plaque that clogs your arteries and blocks the blood flow to your heart and brain. High-density lipoprotein (HDL) cholesterol is called “good” cholesterol because it helps eliminate bad cholesterol from the body.

Q: What is the connection between LDL cholesterol and heart disease?

A: Research has proven that patients with high cholesterol (LDL) are associated with high incidences of heart attack. The Framingham Heart Study is a classical study, which proves that a 1% rise in cholesterol increases the chance of coronary artery disease by 2%.

Q: Is poor cholesterol hereditary or based on environmental factors, such as obesity, lack of exercise, etc.?

A: Heredity is a very important factor, but environmental and non-hereditary factors are equally important, especially since people have the ability to modify cholesterol levels through certain means, such as a proper diet, exercise, and an overall healthy lifestyle.

Q: How does cholesterol vary for women by age?

A: At menarche [a woman's first menstrual cycle], women have higher HDL and lower LDL than men of comparable age. At menopause, LDL tends to increase and HDL decreases. In post-menopause, the risk of coronary artery disease and stroke far exceed that of cancer.

The typical breakfast that so many of us love to eat is unfortunately high in fat and cholesterol. Here's some helpful hints for you to wake up and enjoy a breakfast without packing on the pounds and clogging your arteries.

How Bad is your Breakfast?



Eggs are a healthy way to start your morning, but watch what you put on them. Ditch the butter and opt for an olive oil cooking spray to grease the pan. Lose the yolk—egg whites are full of protein and highly recommended to start your day.

While bacon is okay as a treat once in a while, turkey bacon is a much healthier option. In fact, a lot of diets and fitness programs, including South Beach and the P90X plan, allow two slices of turkey bacon daily as a good source of protein.

Do yourself a favor and lose the hash browns altogether. Made from white potatoes and coated in oil, they carry no nutritional value.

Swap the white bread for 100% whole wheat and substitute Olivio® for the butter—a great taste without the calories.

Believe it or not, you can make your pancakes pack a healthy punch in the morning. Look for recipes that substitute whole-wheat flour for white flour. Lose the syrup. Instead, top your pancakes with fresh cut fruit, such as bananas, strawberries, or blueberries. Still sweet and a whole lot better for you!

It's easy to eat poorly since junk food surrounds us all day long. But choosing a healthy lifestyle, now that takes work! Above all, keep in mind that portion control is a deciding factor in maintaining or losing weight—even healthy food carries calories.



Emerging Health Professionals

Clinical Roles Expanding for Nurse Practitioners and Physician Assistants

An extensive healthcare reform bill recently passed through Congress, extending healthcare coverage to more than 32 million uninsured Americans. While this may solve one problem, it creates another: how do healthcare providers and caregivers accommodate the substantial influx of new patients?

The answer lies in the expanded roles and responsibilities of physician extenders—a broad term used to categorize nurse practitioners (NPs) and physician assistants (PAs). Healthcare will continue to evolve from a traditional concept of primary care to a more collaborative one that affords physician extenders more clinical responsibility because of two main reasons: a shortage of primary care physicians and an increase in future patients because of the recent healthcare reform.

“Physician extenders are simply that—an extension of a physician’s

license,” said Kyle Mummey, physician assistant with the Greater Hazleton Health Alliance. “As medicine turns to a more team approach and as this country continues to have a shortage in the number of primary care physicians in practice, physician extenders will continue to have more and more responsibility in the model of healthcare. Physician assistants and nurse practitioners work together with a physician (or collaborator) to provide all types of care, from emergency life-saving skills to history-taking, assessment, as well as diagnoses and treatment plans.”

“The key is to educate the public about the quality care these healthcare professionals provide patients. It’s important to be a smart consumer—look at the abilities of these people rather than the titles,” said Lynne Miller, Chief Administrative Officer of the Hazleton Health & Wellness Center.

The Greater Hazleton Health Alliance (Hazleton General

Hospital, the Hazleton Health & Wellness Center, and Hazleton Professional Services) offers the community a variety of quality healthcare services, some of which are provided by physician extenders. They work in a variety of specialties within the organization, including emergency services, primary care, orthopedics, and pediatrics. Physician extenders are the wave of the future, providing comprehensive services in a variety of healthcare settings.

“HGH was, by far, the most organized, clean, friendly, and efficient hospital.”

- Short Procedure Unit

Understanding the Roles of Physician Extenders

Nurse practitioners and physician assistants, also known as physician extenders, are highly trained healthcare professionals who are proficient in medical practice and provide an excellent addition to primary care.

“Patients should feel comfortable seeing a nurse practitioner because we have many years of experience as, first and foremost, a nurse,” said Heather Sugarman, a nurse practitioner with the Greater Hazleton Health Alliance. “Nurse practitioners deliver a unique blend of nursing and medical care; provide comprehensive, personalized health education and counseling; and assist patients in making better lifestyle and health decisions.”

A physician assistant completes a four-year degree with a two-year concentration in physician assistant education and works under the direction of a supervising physician. “Patients should feel very comfortable seeing a physician assistant because the physician is providing supervision to the physician assistant and is always available for consultation. This all relates back to the team approach to healthcare and the drive for more aggressive preventative medicine,” said Kyle Mummey, a physician assistant with the Greater Hazleton Health Alliance.

The role of physician extenders will become even more important as the various phases of the federal healthcare reform plan is implemented. Nurse practitioners and physician assistants will continue to work side by side with other healthcare providers to ensure that those in need of medical care will have access to quality services.



Heather Sugarman, CRNP
Nurse Practitioner with
Howard Cox, MD, Family Care



Kyle Mummey, PA-C
Physician Assistant with
Eugene Gorski, MD, Family Care



Choose a Healthier Lifestyle

Adopting a healthier lifestyle will prove to be beneficial for your overall health and finances. Cooking at home doesn't have to be boring—with the right ingredients and a little imagination, you can make a satisfying and healthy meal at a quarter of the price.

Make substitutions: Are you dying for a cheeseburger? Perfectly fine—buy lean ground beef (85% or higher) and make it at home for a fraction of the price and half the calories. Swap your traditional burger bun for 100% whole wheat or rye and opt for reduced-fat cheese—same taste but less fat, which always equals fewer calories.

Pack a lunch: If you have trouble pre-planning meals, here's a tip: always make a little extra. Was chicken on the menu for dinner last night? Make an extra piece and pack it with all the trimmings for lunch. It's a quick, simple, and delicious alternative!

Grill: It's grilling season, a delicious and healthy option to cooking with a frying pan. Consider homemade vinaigrettes as a way to season and tenderize meat and go easy on the condiments, as they are usually high in sugar. There's no need to do your veggies in the pan—throw them right on the grill and let their natural flavors complement your main dish!

Excelling in Patient

In recent years, the Greater Hazleton Health Alliance has been the recipient of many honorable awards and accreditations for high quality care, but there is one particular honor that represents everything the organization stands for: recognition in patient safety.

Hazleton General Hospital—an affiliate of the Greater Hazleton Health Alliance—is the proud recipient of the 2010 HealthGrades Patient Safety Excellence Award™, an honor that recognizes our patient safety ratings for being within the top 5% of U.S. hospitals. HealthGrades was developed by the federal Agency for Healthcare Research and Quality and is a leading independent healthcare ratings organization that tracks trends in a variety of patient safety issues through hospital records and proven evidence-based indicators. HealthGrades reviews and reports on all hospitals through data they receive from quality organizations. Hospitals can't opt in or out of the review; all non-federal healthcare systems are included.

How were we chosen for this award? The seventh annual HealthGrades Patient Safety in American Hospitals Study applies methodology developed by the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality and identified the incident rates of specific patient safety indicators among Medicare patients at all of the nation's 5,000 non-federal hospitals. HealthGrades also applied a similar methodology to identify the best-performing hospitals nationwide who scored within the top 5% as indicated by another set of patient safety objectives.

Patients being treated at a HealthGrades top 5% hospital like HGH experience 43% fewer patient-safety incidents (on average) compared to poorly-performing hospital counterparts.

Hazleton General Hospital can proudly say that its standards of excellence in patient safety serve as a benchmark for other healthcare systems nationwide to follow. **Our hospital has been ranked in the top 5% of hospitals in patient safety for three consecutive years**, an accomplishment that highlights the continued commitment to high-quality patient care provided by our highly-trained professional staff.

The hospital met and/or exceeded the following safety indicators that are paramount in designating a best-performing healthcare system:



nt Safety

- › Prevention of death in procedures where mortality is usually very low
- › Lack of pressure sores or bed sores acquired in the hospital
- › Ability to treat and diagnose in time
- › Avoidance of collapsed lung due to a procedure or surgery in or around the chest
- › Lack of hospital-acquired infections
- › Absence of hip fracture after surgery
- › Avoidance of excessive bruising or bleeding as a consequence of a procedure or surgery
- › Adequate organ function and electrolyte and fluid balance after surgery
- › Lack of deep blood clots in the lungs or legs after surgery
- › Avoidance of severe infection following surgery
- › Lack of surgical wound site breakdown

"The HealthGrades Patient Safety Award is very special in that it signifies all the hard work that has gone into enhancing patient care at Hazleton General Hospital," said Jim Edwards, President and CEO of the Greater Hazleton Health Alliance. "We are one of only 238 hospitals nationwide to receive this designation, a tribute to our dedicated physicians and staff who provide safe, high-quality, patient-centered care each and every day."

Patient safety is a top priority at Hazleton General Hospital. Receiving the 2010 HealthGrades Patient Safety Excellence Award™ demonstrates our commitment to continued quality care in a safe hospital environment.

“ I would like this opportunity to express my appreciation and gratitude for the outstanding and wonderful care extended to me. The nurses were very understanding in caring for my health problems. ”

- Hazleton General Home Care

International Travel Health Services



The Hazleton Health & Wellness Center is the only facility in the area that offers comprehensive travel health services, providing practical, specific, and up-to-date information about international travel.

The clinic offers the following services and vaccines for all international travel needs:

- Pre-travel health evaluations to determine personal health risks
- Comprehensive and current health information for a specific travel destination
- International Certificate of Vaccination documentation for yellow fever vaccinations
- An array of vaccines, including Yellow Fever, Hepatitis A and B, Typhoid, Tetanus, Diphtheria, Polio, Rabies; Tuberculosis TB skin test (Tuberculin PPD)
- Malaria prophylaxis advice and prescriptions

Please note that this service does not file medical insurance claims for travel consultations and vaccinations in preparation for travel; therefore, patients are responsible for payment at the time of the visit. Appointments should be made at least one month in advance of your travel date.

Travel medicine fees will vary according to your specific travel destination and the necessary vaccinations for each area. Our staff will be happy to discuss an estimated cost with you.



**For more information, call
International Travel Health Services
at 570-501-6805**



Life-saving Procedure

Performed at Hazleton General Hospital

Hazleton General Hospital continues to provide access to high-quality, acute-care services conveniently located close to home. Recently, two local physicians—Dr. Anthony Carrato, a board certified general and vascular surgeon, and Dr. Yaqoob Mohyuddin, a board certified cardiologist—successfully implanted the first cardioverter defibrillator (ICD) at Hazleton General Hospital. This is an exciting accomplishment for our community hospital since the surgical procedure is typically performed at larger facilities. During the procedure, Dr. Mohyuddin is responsible for programming and testing the ICD and Dr. Carrato implants the device. This surgical collaboration provides patients with expert care, resulting in favorable patient outcomes.

“This is a momentous step forward in cardiac care in our community, one that assures local residents they don’t need to leave home to receive advanced cardiac treatment,” said Jim Edwards, President and CEO of the Greater Hazleton Health Alliance. “Offering this service signifies our commitment to healthier hearts in the community.”

An ICD is a small battery-operated device that is implanted in a patient’s chest to monitor his/her heart rhythm. It often combines the functions of a pacemaker and a defibrillator, sensing a patient’s cardiac rhythm and delivering an electrical shock if necessary to restore normal heart rhythm.

“An ICD is a life-saving device for patients with significant heart muscle weakness. Offering the implantation surgery and follow-up care locally will greatly benefit our patients,” said Dr. Mohyuddin. Then patients will continue to follow-up with their cardiologist in the months post-surgery to ensure a healthy recovery and address any problems or concerns.

“This surgical procedure brings expert care to our local area, which is especially important for our aging population,” said Dr. Carrato.

Who benefits from an ICD?

- › A patient who has survived one or more episodes of serious, irregular heart rhythms
 - › Someone at high risk for developing an irregular heart rhythm
 - › Heart attack survivors at high risk for future arrhythmias
 - › A patient with an enlarged heart muscle that doesn’t function properly
-

The Truth About Infertility

One of many infertility myths is that it's a female problem. The truth is women and men bear equal responsibility for infertility,

40% of the time female

40% of the time male

20% of cases are either combined infertility or unexplained.

Men and women may be infertile for a multitude of reasons, but there are a few that doctors check off the list right away. Ovulation difficulties and pelvic inflammatory disease (PID) are the most common causes of female infertility, while male infertility most often is caused by infections, such as mumps during childhood or varicose veins in the scrotum. Smoking adversely affects both male and female fertility.



INFERTILITY

It's Time to Break the Social Stigma

Infertility is a topic people seldom want to discuss but a reality many face. Nearly 10-15% of the population is infertile, a diagnosis that continues to carry a social stigma and causes an emotional crisis for partners trying to conceive.

"Patients diagnosed as infertile tend to blame and punish themselves," said Dr. Farag Salama of Muir OB/GYN Specialists in Hazleton. "Infertility doesn't mean you're cursed or socially unaccepted. The truth is healthy and fertile couples only have approximately a 15% chance of conception each month, a percentage that could have couples trying to conceive for quite awhile as well. It's not the end of the road for infertile couples; today there are options and numerous medical facilities and resources to help patients overcome infertility."

Infertility is an uphill battle that requires professional help from a skilled physician. Both Dr. Scott Muir and Dr. Farag Salama of Muir OB/GYN Specialists provide local patients with high quality fertility services. Dr. Muir and Dr. Salama provide services that are the first important steps for a couple seeking conception.

"We provide our patients with a full medical workup in order to achieve diagnosis: counseling, physical exams, ovulation testing, semen analysis, and tests to evaluate the uterus and tubal patency. We offer hormonal treatments, procedures like intrauterine insemination (IUI), and counseling throughout the entire process. We address areas of unexplained infertility, which can be up to 10-15% of all cases of infertility," said Dr. Salama.

For a consultation about fertility treatments, call Muir OB/GYN Specialists at 570-459-6450. Fertility treatments often are not covered by insurance.

Discussing Prostate Health

Lately there's been a lot of buzz about prostate health, namely the pros/cons of prostate cancer screening.



"I encourage men to have annual PSAs and DREs because prevention, early detection, and early treatment are what we're after. Every man is entitled to know if he has prostate cancer and what treatment options are available to best suit his personal needs."

- Arvind Srinivasan, MD

Prostate cancer can be a slow-moving form of cancer, so physicians are often leery about aggressively pursuing some treatments right away, especially in men 75 years and older.

"I don't believe the controversy is so much in the screening itself as it is in the treatment," said Arvind Srinivasan, MD, a board certified urologist. While prostate cancer screening is currently under active research, what's the alternative for patients now? Detecting certain types of prostate cancer early on can catch it before it becomes life threatening. Prostate cancer is most often detected through screening abnormalities since a vast majority of patients don't experience symptoms—all the more reason to educate the

community about prostate health and screenings.

One of the biggest misconceptions about prostate cancer screening is that it hurts. Prostate-specific antigen (PSA) testing is done through blood work. PSA is a protein produced by both cancerous and non-cancerous prostate tissue. Cancer cells usually produce more PSA compared to benign cells, causing PSA levels in the blood to rise. When screening for prostate cancer, a physician uses a patient's personal PSA value along with other factors, including age; the size of the prostate gland/physical examination of the prostate gland determined through PSA levels, which are closely monitored to see how quickly they're changing;

medication, including review of a patient's medication list to see if anything can be affecting the PSA levels, such as Finasteride or Avodart (used for enlarged prostate); family history of prostate cancer; and signs of urinary infection or prostate infection.

In addition to PSA testing, men undergo a digital rectal exam (DRE) as part of their annual prostate cancer screening—another important tool for physicians to evaluate the prostate and look for early signs of cancer.

"Patients may feel a little pressure, but overall the test is quick and painless," said Dr. Srinivasan.

One of the most important approaches to treatment is to trust the experience of your physician. Together, you and your physician will discuss potential diagnostic treatments, such as prostate biopsies; surveillance for cancer; lowering testosterone levels to slow prostate cancer growth; research/investigational treatments, such as herbal, dietary, or thermo therapy; radiation therapy, including radiation seed implantation; and prostate surgery/removal.

"While there is controversy surrounding prostate cancer screening, the death rates for prostate cancer worldwide are going down and that speaks for itself," said Dr. Srinivasan.

It was supposed to be an enjoyable evening filled with the happiness, warmth, and laughter of old friendship. But on the day of Bob Hall's 50th class reunion, he had something much more pressing on his mind: the diagnosis of prostate cancer.

"The day of my class reunion, my wife, Pat, and I found out that I had an aggressive form of prostate cancer," said Bob, a resident of Sugarloaf. "I'm a very active person—an avid cyclist and bowler. The diagnosis of prostate cancer came as a shock because I watch what I eat and remain physically fit, and I wasn't experiencing any symptoms."



A Local Man's Battle With Prostate Cancer

A few years prior to his diagnosis, Bob had a prostate cancer scare—one that required him to undergo a biopsy and anxiously await the test results. Once Bob learned his biopsy was negative for cancer, he remained proactive by monitoring his condition with his primary care physician and having an annual prostate screening. In 2009, he would have to relive his nightmare all over again... only this time the results wouldn't bring relief. "My blood test indicated a rise in my PSA levels, so my physician advised me to seek additional medical help," said Bob.

As a long-time member of the community, he sought the trusted advice of local friends regarding the best specialist to see about his condition. "Everyone pointed me in the direction of Dr. Arvind Srinivasan. No one had a bad thing to say about him." After his initial meeting with Dr. Srinivasan, it became crystal clear why the doctor was so well received by the community. "He was very professional and thorough. He presented me with everything and really gave me choices. Since I was diagnosed with an aggressive form of prostate cancer, I was considering two viable options. In the end, I felt having the surgery was the best treatment for me."

In the midst of Bob's battle with prostate cancer, his wife was diagnosed with stage one breast cancer. After 40 years of marriage, they were about to test new boundaries of physical, mental, and emotional strength together. They coordinated their surgeries around one another, expressing immense satisfaction and appreciation for the quality care they both received at

Hazleton General Hospital. "Fabulous staff! They were super nice and took wonderful care of us," said Pat.

Today, Bob and Pat are healthy and indulging in their many pastimes. "We feel very fortunate to have received the care we did. It's so important to establish a good relationship with your doctors, have regular visits, and be accountable," said Bob. Preventative measures are key across the board—from prostate screening to mammography screening and everything in-between.

Quick Facts!

- › **There's no medical proof that points to one cause directly responsible for prostate cancer; instead, multiple factors may play a part, including heredity and hormone levels.**
- › **The majority of prostate cancer is found in men ages 65 and older.**
- › **Men should consider prostate screening beginning at the age of 40.**
- › **Men who have a primary family member with prostate cancer, such as a father, can start screening at age 35.**
- › **Research has shown prostate cancer to be more aggressive in African Americans, much like breast cancer.**

Fun in the Sun!

Take proper precautions...
avoid the devastating effects of heat stroke.

Heat stroke is a form of hyperthermia, a condition marked by an abnormally high body temperature, as well as physical and neurological symptoms. Unlike heat cramps and heat exhaustion, two other forms of hyperthermia, heat stroke is a true medical emergency that can prove to be fatal if not properly and promptly addressed.

A common cause of heat stroke is simply dehydration. We hear it all the time—hydrate, hydrate, hydrate! Prevention is a primary reason healthcare professionals, fitness specialists, and nutritionists encourage people to constantly drink fluids, especially during the summer months.

“In just one hour of exercise, the body can lose more than a quart of water (depending on exercise intensity). In hotter weather, your breathing will increase, and you’ll sweat more, which

will use up more of your fluid reserves. To prevent dehydration, carry a water bottle with you and keep filling it up!” said Tanya Bell, Fitness Coordinator at the Hazleton Health & Wellness Center.

Avoiding extensive physical activity in hot and humid weather, remaining hydrated, and wearing hats and light-colored, lightweight clothing are critical in preventing heat stroke.

If you believe you or someone you know is suffering from a heat stroke, contact emergency personnel at 911 immediately. While waiting for emergency personnel to arrive, cool down. This is imperative to avoid any permanent organ damage.

If you suspect heat stroke:

- › Get to a shady area
- › Remove clothing
- › Fan to promote sweating and evaporation
- › Place ice packs under armpits and in groin areas
- › Apply cool or tepid water to the skin (i.e., from a garden hose, cool cloth, etc.)



Skin Cancer, Rising at an Alarming Rate

Skin cancer is the most commonly diagnosed form of cancer in the United States, affecting more than one million people each year. It's important to know the facts, understand your risk, and practice prevention. Some people are more prone to getting skin cancer:

- › Fair skin that freckles or sunburns easily
- › Blond or red hair and blue or green eyes
- › Certain genetic disorders that deplete skin pigment, such as Albinism
- › Numerous, unusual, or large moles that have been present since birth
- › Anyone who has had at least one serious sunburn

Here are some changes to look for in your skin: red or brown, scaly, rough, and/or dry patches and moles that are irregular in shape, color, or blurred around the borders. Although no tan is the best tan, there are some

preventive measures that can be taken to protect your skin from the sunrays:

Protective Advice:

- › Use ample sunscreen
- › Wear appropriate clothing that protects your body from the sun, including brimmed hats, linen pants, and long sleeves
- › Wear sunglasses that offers 99-100% ultraviolet protection (Your eyes can get sunburned, too!)
- › Limit your exposure to the sun



It's Time to Rethink What's Considered Beautiful

Risk of cancer increases 74% with tanning beds!

Indoor tanning beds have always been viewed as an easy and convenient way to get a head start on that natural summer tan—at least that's what manufacturers want you to believe. Within a few short weeks, your skin will be transformed from its typical pale tone to a beautiful sun-kissed

color, right? While your bronzy glow will look gorgeous against that pastel-colored sundress now, fast forward a few years and you're sure to be disappointed at what you see: leathery and saggy skin, wrinkles, and skin spots. Is it really worth it?

What manufacturers aren't telling you is that a growing amount of evidence suggests the dangers of indoor tanning aren't worth the risks. For some reason, society has been conditioned to think that a nice tan is a sign of good health when in reality it's no different from a sunburn in terms of the effect it has on our skin—both are physical reminders that skin damage has occurred.

A panel of the Food and Drug Administration (FDA) is discussing a potential reclassification of tanning beds, one that assures bolder labeling

requirements, limited radiation levels, increased public awareness and education about tanning-bed dangers, mandatory performance standards, regulation changes, and a possible parental consent for tanning-bed users under the age of 18.

"The American Academy of Dermatology supports the ban of indoor tanning beds for non-medical use," said Dr. Kathleen Stish-Veglia, a local dermatologist. "Recent research suggests they are more carcinogenic and more damaging than sunrays because of the concentrated ultraviolet radiation. Compelling evidence shows tanning beds are greatly contributing to the increase in melanoma skin cancer cases, especially among our younger population. Tanning beds also contribute to premature wrinkling and aging."

If you're one of the 30 million people who turn to indoor tanning each year, it may be time to reconsider your standards of beauty.

Senior Choice the Right Fit for You!

Times are changing... and for the better. Today many seniors are living very healthy, active, and productive lifestyles—participating in fitness and wellness programs, attending social outings, and educating themselves about the challenges they may face as they get older.

With that in mind, Hazleton General Hospital developed the Senior Choice program, a program that provides its members with educational, social, and healthy-living opportunities to help them maintain their physical and mental vitality now and well into the future. Senior Choice was designed specifically for persons 55 years of age and older and offers a variety of health and wellness programs, social activities, discounted programs and services, opportunities to develop friendships, and much more.

Some of the membership benefits include:

Health and Wellness

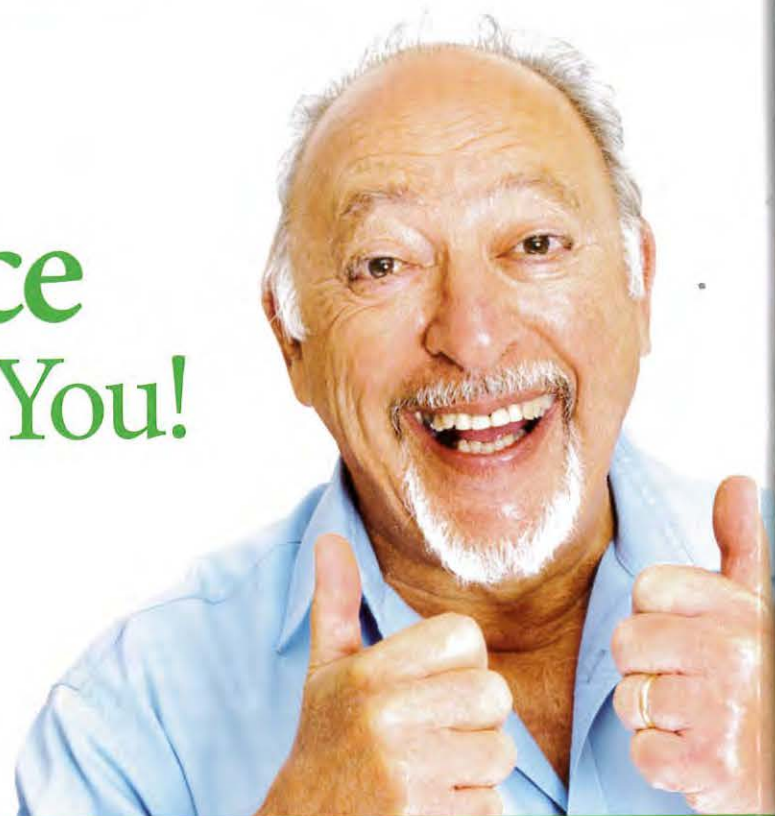
- 】 Free Lunch & Learn education programs
- 】 Free or discounted workshops and seminars
- 】 Free health screenings and wellness programs
- 】 Discounted membership at the Hazleton Health & Wellness Fitness Center (specific times apply)
- 】 Free health plan and insurance counseling

Social

- 】 Special events (i.e., bus trips, holiday party, picnics, etc.)
- 】 Access to discounted shows, parks, and other activities

Hospital

- 】 Hilltop Café at Hazleton General Hospital—15% off on all meals (weekdays from 4:00 p.m.-7:30 p.m. only)
- 】 Volunteer opportunities at the Greater Hazleton Health Alliance facilities
- 】 Free library membership to Hazleton General Hospital's Community Health Library



Other

- 】 Free subscription to the Healthy Horizons magazine
- 】 Free Senior Choice newsletter
- 】 Monthly Calendar of Events

Life doesn't stop as you become a senior. It's a new chapter in your life that presents countless opportunities to explore, learn, and live each day to the fullest.

For more information or to become a member of Senior Choice, call the Senior Choice Advisor at 570-454-4752.



Annual Membership Fee:

\$25/year per individual

\$40/year for two individuals
residing at the same address

Back to School

It's not too early to prepare for the upcoming school year! Schedule an appointment with your child's pediatrician to discuss a back-to-school physical examination and any immunizations that may be needed. Immunization is one of the best and most responsible ways concerned parents can protect their little loved ones from potentially deadly diseases.

Each year, the Centers for Disease Control and Prevention along with the American Academy of Pediatrics, publish updated guidelines for pediatricians and parents alike. The goal is to protect children against the illnesses they're most prone to contracting. Parents who choose not to vaccinate their own children increase the risk of infection for their children, other children around them, neighbors, and the community.

"Vaccination can mean life or death for millions of people. When parents approach me about their concerns, I work with them to understand the value of immunizations. There's abundant medical research demonstrating immunizations are safe and beneficial for children," said James Caggiano, MD, of Pediatric Associates of Hazleton.

Children who range in age from infancy through 18 years old require a variety of immunizations at different stages of their life, including but not limited to:

- › Rotavirus and meningococcal
- › Hepatitis A and B
- › Measles
- › Mumps and rubella
- › Tetanus
- › Diphtheria and pertussis
- › Inactivated poliovirus
- › Varicella
- › Influenza

Let the experienced healthcare professionals at Pediatric Associates of Hazleton help prepare your child for the upcoming school year.

Call 570-501-6400 or visit www.hazletonpediatrics.com for more information on vaccinations, as well as infant, child, and adolescent health matters.



Welcome New Physician

The Greater Hazleton Health Alliance welcomes the following physician who recently joined its Medical Staff:



Anthony C. Falvello, D.O.
Specializing in Orthopedic and Spine Surgery

Dr. Anthony C. Falvello received his Doctor of Osteopathic Medicine degree from the Philadelphia College of Osteopathic Medicine. He completed both his medical internship and orthopedic surgical residency at the Pinnacle Health System in Harrisburg.

As an orthopedic surgeon, Dr. Falvello determines the cause and treatment of a variety of disorders, conditions, and injuries of the skeletal system and the muscles, joints, and ligaments associated with it. He specializes in arthroscopy, minimally invasive and computer-assisted surgery, custom-fit joint replacement and spine surgery. He has surgical privileges at Hazleton General Hospital.

Dr. Falvello is a member of several professional organizations including the North American Spine Society, American Osteopathic Association, American Osteopathic Association of Orthopedics, Pennsylvania Medical Society and Pennsylvania Orthopedic Society.

Alliance Orthopedics

Hazleton Health & Wellness Center
Suite 210, Upper Level
50 Moisey Drive, Hazleton
570-501-6870

Greater Hazleton Health Alliance

Our heart is in healthcare.



Hazleton General Hospital
Our heart is in healthcare.

700 East Broad Street, Hazleton, PA 18201
570.501.4000
www.ghha.org



50 Moisey Drive, Hazleton, PA 18202
570.501.6600
www.hazletonhealthandwellness.org



Hazleton General Hospital
700 East Broad Street, Hazleton, PA 18201
570.501.6322
www.nebariatrics.com



1701 East Broad Street, Hazleton, PA 18201
570.459.0082
Route 309, Hometown, PA 18252
570.668.3898
www.ghha.org

Gunderson Rehabilitation Center • Hazleton General Home Care
Primary Stroke Center • Healthy Steps Joint Replacement Program

Hazleton General Hospital is a nonprofit, independently operated, voluntary regional medical center offering, in association with medical staff, a wide range of health technologies and specialty services. Earnings are devoted exclusively to the continuation and improvement of patient services and facilities, as well as educational and outreach activities. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician.

Periodically, we send communications to friends and neighbors in our community that describe the health care services and the products we offer. If you would prefer not to receive communications like this from our organization, please call 570.501.6204.